

# [PDF] Saturday Night Widows: The Adventures Of Six Friends Remaking Their Lives

Becky Aikman - pdf download free book

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**Description:**

Q&A with Becky Aikman

Q. What gave you the idea of forming your own widows' support group?

A. Losing someone close to you has to be one of life's most universal experiences, but it wasn't until it happened to me at a relatively young age that I realized our culture doesn't provide much guidance about how to reinvent yourself afterward. I hoped that by joining with other young widows, we could lighten the task by facing this daunting transition together.

**Q. What kinds of things did the group do together?**

A. I had joined a traditional support group before, but the goal seemed to be to sit in a circle and talk about how sad we were. And there weren't even any snacks! So I put together more of a renegade group, looking to the future, and focused on doing, not talking. Although we did wind up talking our heads off, too, we also cooked together, volunteered, invited widowers to meet us. We went through the family home of one of the women when she was packing up to move. We even went lingerie shopping together when some of the women started to look for love again. Ultimately, we took a transforming trip to a place none of us had visited before. Along the way, we shared a few tears, but a lot more laughter.

**Q. How did you put the group together? Did their differences create conflict?**

A. My process for finding the other women, mostly by asking around, couldn't have been more random. Then when I introduced everybody the first time, I thought, "Wow, did I make a mistake." It was a crazy mismatch of personalities. All we had in common was that each woman had suffered through a tragedy that had turned her life upside down. I was afraid that this was going to be one sad story, snacks or no snacks. But instead, it turned into an adventure story, not only the adventures we shared, but the adventures each of us encountered as we navigated our way through incredible changes.

**Q. Did the group help you, too?**

A. When I started the group, I viewed myself as the journalist who would chronicle our story. I had remarried four years after my husband died, shortly before the group's first meeting. But my grief was still fresh, and I was coping with all the upheaval of trying to cobble together a new life, with a new career, new husband, new stepdaughter, new home, and new dog. I began to rely on the example of the group, and its good, old-fashioned girlfriend advice, for how to put a new life together and keep it in balance with my memories from the past.

--This text refers to the edition.

**From \*Starred Review\*** Former Newsday reporter Aikman lost her husband to cancer while still in her forties. After several discouraging experiences in bereavement support groups, she assembled her own collection of young widowed women like herself, who sought to honor their husbands' memories and rebuild their lives. It was an eclectic ensemble: Tara, a well-put-together mother of two whose husband died of alcoholism after she filed for divorce; Marcia, a corporate lawyer with a crooked smile and a hidden wit; contemplative Denise, who found solace in yoga; sensuous self-made entrepreneur Dawn; and Lesley, a homemaker who returned home one day to find that her husband had taken his life. The women met once a month, sharing meals, visiting museums, and even traveling to Morocco in an adventure that is one of the highlights of the book. Laughter and tears abounded as they comforted and confided in one another. Aikman tells this life-affirming tale with compassion and candor, revealing her own emotional journey and eventual romance with a man who has her considering marriage again. --Allison Block --This text refers to the edition.

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